



# Health & Fitness

# Take Time To Make Healthier Choices

written by: Toni Crum

In the news everyday there are warnings of what is happening to our food supply. Why are people not heeding to the warnings?

Everyday people are seeking medical help because they aren't feeling well, or worse, have come down with a dreaded disease. Why are people not heeding to the cause?

Why can't people understand what they put into their bodies has a huge impact on their health? Sometimes I have to wonder if they truly don't understand, or if they just don't care.

The bottom line is that if you aren't buying your food from a local, trusted source; or not buying organic from the grocer,

you are purchasing tainted food. It has come to the point that no matter what the food product is; it has chemicals of some sort added to it. That is why the ingredient lists have become so long on the package, with words you cannot pronounce, let alone know what they are. They are preservatives or fake flavorings, and

they are making you sick.

I know that with all of the technology we have now that people are aware of what is being put in their food supply. Why doesn't it matter to them?

It totally amazes me every time I drive past a certain fast food restaurant. It does not matter what time of day it is, there are cars wrapped around the building in the drive-thru line, and the parking lot is full! This fast food restaurant sandwich left to set out for years will

never grow mold or attract insects. Hard to believe people are actually wrapped around the



building waiting to buy one!!

You cannot continuously feed your body poison and expect to feel well. Everybody knows that cancer has hit an all time high. Every time you eat chemical/preserva-

tive laced food you are damaging your immune system. Your system is so busy trying to fight

off all the poisons you are putting into it, that it comes to a point it can no longer fight off illness or disease.

I hear so often "I can't afford to eat healthy". That comment never ceases to amaze

me. The person saying this is usually the person that is standing there complaining about how sick they always are. How the doctors can't figure out what is wrong with them. So "I can't afford to eat healthy" is spending how much money on medical services, and missing how many hours or days of work? How much is this costing them? I also often hear that "if the food isn't safe to eat, it wouldn't be available to us". Like I said at the begin-



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ning, it doesn't take much effort at all anymore to find out what you are really eating.

Let me give you some examples:  
 -- Margarine that is set out never attracts ants. Did you know that margarine is only one molecule away from being plastic?  
 - Produce that is set on the counter and never rots. What has been sprayed on the outside of the produce for this to happen?  
 - Titanium dioxide (a known carcinogen (causes cancer)) is put in some products to make it

white. Milk, chewing gum, candy, toothpaste...and the list goes on and on.

There are so many healthier choices available to us. It does take time to search out a reliable and trusted source to buy from. How much time is being spent going through the drive-thrus, the "super-center", or driving to a large city with more shopping options? Obesity, diabetes, cancer, migraine headaches, and upset stomach are just a tip of the iceberg of the health prob-

lems that people are now dealing with on a daily basis. There is so much that you can do just by changing what you eat.

Get away from the high fructose corn syrup and you'll start seeing a difference in your weight, headaches, diabetes and upset stomach. All of that with just eliminating one ingredient. Next, start reading labels on ALL of the food products you buy. If the list goes on and on.... and you can't pronounce most of the words, put it back on the shelf. Buy

organic produce as much as possible to get away from spray residues (think cancer here).

Start cooking your meals from scratch rather than go for convenience. This will give you benefits that you may never even thought of. You will be in control of what you are eating, not the restaurant. Spend time cooking as a family. Sit around the table and talk to one another, (turn off the TV and phones).

You won't believe how much better you will

feel. While your co-workers are off with the flu or colds, you'll be healthy. Why? Because your body isn't trying to fight off all the chemicals you are putting into it, therefore, you have a stronger immune system.

Our family has been raising and eating our own meats and vegetables for years. None of us have to go to a doctor for illnesses. We just don't get sick! Why? Because we're not putting chemicals in our bodies at every meal!

We have a Farm Market that we offer our pasture raised meats and chemical free vegetables. We also have a nice selection of organic products. There is nothing in our Market that we wouldn't eat ourselves.

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in your zip code for area farmers.

Buying direct from your local farmer allows you to see first hand how your food was raised. So many people today think that the food just magically appears on the grocers shelf. I love to give tours to people during the summer months, they are always amazed at what all is actually involved in raising their food. Do yourself and your family a favor. Buy local. Buy organic. The health benefits are endless!!!



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# Know Your Age Milestones For Financial Health

written by: Beverly Neighbors & Bill Wilson

Knowing the right time to retire used to be a lot easier. You worked a certain number of years and then earned the right to a wonderful retirement. However, longevity has been

the game changer for some time now. Yes, the good news is you are living longer. And yes, the bad news is you are living longer. Now, with so many potential years to plan for in retire-

ment, it is harder to determine the precise time to take this step. Unless you are forced into retirement, this is one of the most important financial decisions you might ever make.

While biological age is just a number, it is also used to mark the miles on your road to retirement. Let's take a look at the key destination points.

## AGE 50

The age when you can take advantage of catch-up contributions (up to \$5,550 in 2014), which allows you to increase the amount you can contribute to

401(k)s or other retirement accounts. How does your nest egg look? You may need an extra-disciplined approach to saving and a defined benefit plan offers that platform. An important part of your retirement savings plan can be simplified to your savings rate as a percentage of your take home pay.

penalty-free distributions from qualified retirement accounts. If you make any non-qualifying withdrawals before you hit this age, you are subject to a 10% penalty. After that day, you can take out as much as you want, whenever you want.

## AGE 62

This is the age you are eligible to collect Social Security benefits. Most think it is wise to wait as long as possible before applying, and they're right.

## AGE 59½

This is the age you always see in the disclosure. It's the age when you become eligible for

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If you do collect as early as you possibly can, the month after you turn 62, your monthly take is 25% less than if you had waited until full retirement at age 66. Plus, the longer you wait to collect Social Security, the more it can also mean for a survivor benefit for your spouse.

The point is, even when you are able to leverage government programs you are eligible for, you still need a personal nest egg to help augment a comfortable retirement.

## AGE 66

This is the age when you may

qualify for Social Security benefits further increase by 7 to 8 percent for each year you delay claiming, up until age 70. After this year there is no additional incentive to put off collecting your due.

qualified retirement accounts. Work with your financial advisor to review your distributions and ensure you have an income withdrawal plan that reflects your retirement objectives.

## Age 80+

By the time you reach age 80 and beyond, you may feel you've passed all of the important retirement mile markers, but there may well be more on the road ahead. You need to keep reviewing your retirement assets and plans for any adjustments you can make. It's also a good time to start thinking about end of life decisions, and leaving legacies. A man reaching age 65 today can expect to live, on average, until age 84.3. A woman

turning age 65 today can expect to live, on average, until age 86.6. And those are just averages. About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95.

While the prospect of living longer has changed the way we approach retirement, reaching certain ages is what marks the road map on this journey. And if you're feel-

ing old, just remember what Mark Twain said: "Age is an issue of mind over matter. If you don't mind, it doesn't matter."

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## AGE 65

This is the age when you are eligible to enroll in Medicare and Medicare Part B. But remember, Medicare only pays a certain portion of your health-care expenses. Think about this: A couple retiring this year will need approximately \$250,000, on average, to cover medical expenses in retirement, according to a recent study. The research is based on projections for a couple of 65-year-olds retiring this year with Medicare coverage.

qualify for full Social Security benefits without earnings cap restrictions. It's also the age delayed retirement credits (worth 8% a year but end at age 70) start kicking in. This is a good age to consider collecting Social Security, but the longer you wait, the more you collect in the long run. Can you wait until age 70?

## AGE 70

If you've waited this long, you get the maximum Social Security benefit and you are also eligible for other retirement strate-

## AGE 70½

At this age you are required to take distributions from



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# HEALTHY WAYS TO DEAL WITH STRESS

Feeling stressed out? Most of us see stress as unavoidable, as part of being an employee, parent, student; as part of being human. Stress plays an important role in keeping us aware of our surroundings and able to react to change. Your body is equipped to deal with normal amounts of stress; however, when you experience

prolonged states of stress, it can have a negative impact on your mental and physical health. Studies have found that almost half of all adults suffer from stress-related health issues. "Unrelieved stress can contribute to headaches, high blood pressure, fatigue, depression, chest pain, heart disease, obesity, and diabetes. There

are many activities and techniques that can help you to manage your stress and keep it at a healthy level," said Cathy Gniewek, Director of Lake Haven Behavioral Health. So relax! There are many activities and techniques that can help you manage your stress and keep it at a healthy level. Try some of these tips to help

you de-stress wherever you are.

• **Walk it off:** Taking a walk can help lower stress hormones by increasing your endorphins. Even walking for 10 minutes can help you shed stress. If you can, stroll

breathing tricks your body into feeling like it is relaxed and increases your oxygen levels, helping you shed tension and stress.

• **Give yourself a break:** Take some time away from your phone and computer. Re-

er during the day, and try to turn it off at least an hour before you go to bed. Unsurprisingly, studies have shown that cell phones (especially smart phones) increase stress as you feel pressured to answer every call, text, and email.

each challenge. Instead of telling yourself that a task is impossible, try thinking that you will do the best you can or that you can get through it by taking the task one step at a time.

• **Grab a snack:** Feeling hungry



"Listening to music you love immediately boosts your dopamine levels, giving you an instant pick-me-up."

through a park, as natural sunlight boosts your mood, and nature has been shown to help reduce stress and allow for relaxed reflection.

• **Take a deep breath:** Deep

search has shown that continuous computer usage has been linked to depression, loss of sleep, and high levels of stress in women. Give yourself several breaks from your comput-

• **Don't be so hard on yourself:** Negative thoughts in reaction to a stressor can actually increase stress, but thinking positively can help calm you down and get you through

puts stress on the brain, so try taking a few minutes for a small, healthy snack – like nuts or a piece of fruit – to fill you up and help you de-stress without overeating.

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• **Create a green space:** Buying plants for your house or desk can help keep you calm. Research has shown that just being around plants can help lower blood pressure and help you relax. Many plants, like aloe, are also incredible air purifiers and can help filter many toxins from the air in your home or workplace.

• **Just stop and listen:** Listening to music you love immediately boosts your dopamine levels, giving you an instant pick-me-up. Classical music is particularly relaxing; it has been



proven to lessen stress hormone levels and lower blood pressure and heart rates.

• **Get creative:** The repetitive motions involved in several crafts, like knitting and jewelry making, can be soothing and help you get rid of stress. Taking time for any creative activities

you enjoy can help you relax and get your mind away from your stressors.

You can increase your resistance to stress by improving your physical health. Make an

appointment with your healthcare provider to discuss your overall health and well-being. The better you feel, the more equipped you will be to handle life's curveballs.

Or, if you believe you are suffering from more than just stress, HCMC Lake Haven Behavioral Health can provide you with a free consultation 24 hours a day, 7 days week. Call them at 731-644-8420 for more information.

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# Paris Civic Center Has All You Need To Keep Fit

*written by: Tony Lawrence*

The City of Paris Parks and Recreation Department operates and maintains the Paris Civic Center. The Civic Center has several recreational and fitness oppor-

tunities including exercise rooms, an indoor swimming pool, an elevated walking track, a basketball gym and meeting room facilities. Our meeting room hosts sev-

eral organizational meetings as well as multiple exercise and wellness classes; including our Silver Sneakers program. The Silver Sneakers program is offered mainly

through supplemental insurance carriers including AARP Health Care, Humana, Windsor, and Blue Cross. The companies listed are not the only carriers, so

be sure to call or come by and check with our Silver Sneakers coordinator to see if you are eligible. Loral Underwood is the instructor; she has numerous certifica-

tions in exercise/fitness classes, and is a huge asset to this program. This program gives you free access to any area of the Civic Center as well as access to the Silver Sneaker specialized classes. This year we are also partnering with Silver & Fit which is provided by American Specialty Health Fitness, Inc. If you are a senior citizen be sure to check with your provider because you might have free access to

training with free weights and pulley weight operated machines which help maintain or grow muscle fibers. The walking track is elevated above the gymnasium and has a steady amount of users. Located below the walking track is a regulation size basketball court and six basketball goals available. It also is utilized for volleyball on Sunday afternoons. The indoor pool is unique to Paris. We

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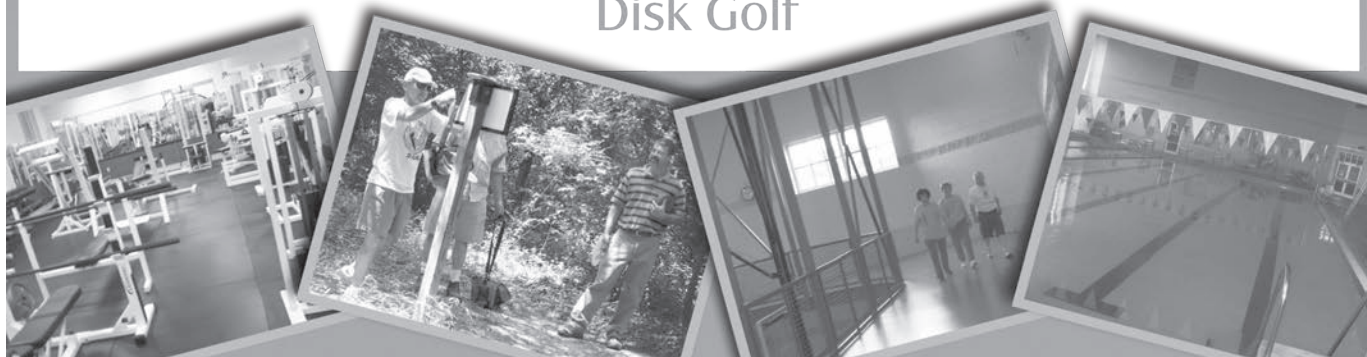
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# Planning Ahead Brings Peace Of Mind

written by: Geri Boyd

A Living Will, also known as an advance directive, health care directive, or a physician's directive is a legal document that a person uses to make known their wishes regarding life prolonging medical treatments. It doesn't become effective unless you're unable to make decisions and is important to have, as it informs your health care providers and your family about your desires for medical treatment.

For situations where you're

unable to make decisions, but your health is not so dire that your Living Will becomes effective, you can create a power of attorney, giving another person legal authority to act on your behalf. This person is called your Agent or, in some states, your attorney-in-fact and can have as much or as little power as you wish.

A Medical Power of Attorney or a Health Care Power of Attorney or health care proxy is a legal document that gives the per-

son you choose the authority to make health care decisions for you in the event you're unable to make decisions for yourself. The person you designate to make health care decisions on

your behalf is supposed to consider what you would want, and act on your behalf.

For situations where you're unable to care for your financial aspects, a Durable

Power of Attorney for finances or Financial Power of Attorney is a simple, inexpensive, and reliable way to arrange for someone to manage your finances if you become un-

able. A financial power of attorney can go into effect as soon as you sign it or waits until you're unable to make decisions. With medical insurance, we feel we are covered for

what-ever comes, but the truth is, a lot of medical insurances do NOT cover long term caregiver services. Long Term Care Insurances are designed to cover long-term



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services. These insurances can have limitations you are not prepared for, so research them. When primary care insurance is NOT enough, Supple-

mental Insurance can help. Supplemental insurance works in combination with other insurances. It's not designed to stand on its own or provide basic, primary health coverage and it's not for everyone. Supple-

mental health insurance can be a good option for those who need help with medical bills after their primary insurance has finished paying. These can help pay out-of-pocket expenses, emergencies not covered by

primary, outpatient services, etc. These 5 tips submitted by Geri Boyd RN-Paramedic, brought to you by Peace of Mind HealthCare Advocate Services (POM), specializing in getting the assistance you need, desire and

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# Proper Portion Sizes Help With Maintaining Weight

How much is too much? During infancy, the human body instinctively knows to stop eating when it is full despite the amount of food offered; however, at as young as two years of age, we begin to be affected by portion sizes.

Restaurant portions and food packaging have grown significantly in recent years, distorting our judgment of appropriate serving sizes. Being faced with larger portions, especially when eating high calorie foods, can lead to a considerable excess in your daily caloric intake.

“Research has shown that we unintentionally eat more when we are given larger portions for snacks and meals. Restaurant portions and food packaging have grown

significantly in recent years, distorting our judgment of appropriate serving sizes. Being

sual examples can be helpful when determining an appropriate serving size; for example,

plates and leave any extra in the kitchen to avoid the temptation of going for seconds.



faced with larger portions, especially when eating high-calorie foods, can lead to a considerable excess in your daily caloric intake,” said Kim Dempsey, MS, RD, LDN, Clinical Dietician at HCMC. Avoid common food portion pitfalls by following these tips:

- Familiarize yourself with healthy serving sizes. Vi-

a serving of cereal or pasta (1/2 cup) should be the size of a hockey puck, a serving of fish (3 ounces) should be the size of a deck of cards, and a serving of butter (1 teaspoon) should be the size of the tip of your thumb.

- When serving dinner at home, keep serving dishes off of the table. Serve food directly onto individual

- Instead of eating snacks right from the box, put an appropriate serving size in a bowl and put the box away to avoid “grazing.”

- Buy single-serving treats for easy,

no-stress snacks.

- Forget about spoiling your dinner; eating small, healthy snacks throughout the day as you get hungry will help keep you from overeating at mealtimes.

- Separate the contents of large packages of food into several smaller bags or containers to create convenient, ready-to-go snacks and avoid accidental overeating.

- When buying in bulk, store what you don’t need right away somewhere harder to get to. If it isn’t within easy reach, you will be less likely to grab for it.

- Keep any especially tempting or

unhealthy foods out of sight, storing more healthy options in front at eye level.

- Restaurant portions are particularly large. When eating out, try splitting a meal with a friend or asking for a to-go box right away so that you can immediately box up half of your meal to eat later. Many restaurants also offer light or lunch menus with more appropriate serving sizes.

- Slow down! While you are eating, pay attention to the color, scent, taste, and texture of each dish, and take the time to stop between bites to talk with friends or

family. When you eat slowly, your body will be better able to recognize when it is full, and you will be able to fully appreciate what you are eating.

For more tips to keep your portions in control, visit [choosemyplate.gov](http://choosemyplate.gov) or go to our website at [www.hcmc-tn.org](http://www.hcmc-tn.org). For more healthy tips on living a healthy lifestyle, call the Paris and Henry County Healthcare Foundation for information on the 8-5-2-1-0 program at 731-644-8215.

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# What Pain Is Telling You

written by: Dustin Forrester, DC

No pain, no gain. What does that phrase mean to you? Many people believe this to be true because exercise causes them pain, or because pain prevents them from exercising. I can't find who first came up with the phrase, or where it came from, but it's a huge misconception among people everywhere. Whether you're lifting weights, training for a half marathon, or just taking a nice walk, your exercise should not cause you pain. If something is bothering you enough that you can't perform a certain movement, or if you're limited in a certain range of motion, then something with your body is not working right; therefore it causes you pain. If you experience this, get the problem checked out. It doesn't matter if you choose your chiropractor, family MD, physical or

massage therapist, let someone who knows something about your pain figure out why you're having the pain. Small problems eventually turn into big problems, and small problems are a lot easier to fix than longstanding problems. For example, lifting should not hurt your back; if it does, then something is not working right. If certain activities or exercises hurt your back, get your spine checked out so you can know what exercises you should be doing and if there are any you shouldn't be doing.

Now let's talk about your feet and how they affect every joint in your body from the ground up. It doesn't matter if you're walking, running, standing, pushing, or pulling, your feet control the way your body moves as a unit. Once your foot strikes the ground, everything from

your ankles to your neck needs to move in sync to prevent a problem from forming. Walking or running in the wrong shoe, or without proper support, can cause more harm than good. Wearing the right shoes can prevent or slow down wear and tear on ankles, knees, hips, and even lower backs. Don't just buy shoes based on looks, color, or brand. Nearly every brand makes shoes for certain types of arches and gaits. It is important to know what type of arch you have. Before you buy shoes you need to know if you're a pronator (flat feet), supinator (high arches) or neutral (which is what most of us think we are, but rarely is the case!). If you're not sure, look at your footprint after you get out of the shower. Only your heel and ball of your foot should leave a mark on the floor. Nowadays,

this is rare, but if that's what you see, you have a perfect arch. If you have flat feet, you will see that every part of the bottom of your foot touches the ground when you step. Flat feet cause plantar fasciitis (arch pain), heel spurs, inside knee pain or pain under the kneecap, and/or groin pain. This is because your foot rolls in when you step, making your ankles roll in, knees roll in, and even your hips (which affects your lower back). The opposite step (and most common) is a step where only the

outside of your foot touches the ground. Many people have no idea that they do this, but others can be so severe that they wear out the sides of their shoes. We see many people every day who have outside leg pain which is worse when standing or walking. This condition is often misdiagnosed as sciatica (which is actually pain down the back of the leg) but may actually be coming from the way you walk. Pain or burning down the side of the leg, usually above the

knee, is known as IT band syndrome and usually comes from people with a flat outside arch. The more you walk, the more your knees roll out, causing the side of your leg to become sore and inflamed. This type of step can also cause pain and/or burning in the gluteal region (buttock); this condition is known as piriformis syndrome. Both piriformis syndrome and IT band syndrome are very commonly misdiagnosed as sciatica or bulging discs.

Pain is not normal, it is a sign that our bodies aren't functioning the way they are supposed to. Not matter how many times you hear "it's normal" or "it's part of growing old," it's not. It's your body's way of telling you that something is wrong and needs to be fixed. In summary, get your body checked out if you have any aches or pains, even if it's something small or occasional. In your lifetime you only get one body, you might as well take care of it!

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